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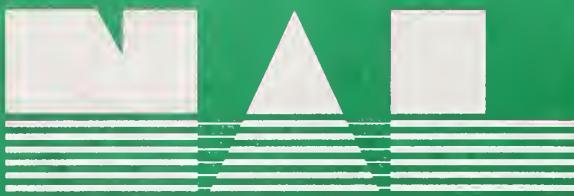


Sources of Free or Low-Cost Food and Nutrition Materials

December 1991



**United States
Department of
Agriculture**



National Agricultural Library

Sources of Free or Low-Cost Food and Nutrition Materials

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Introduction

This publication is a list of organizations that provide free or low-cost food and nutrition materials for consumers. The Food and Nutrition Information Center (FNIC) receives many requests for materials to distribute at health fairs, classes, physicians' offices, wellness programs, and other locations. Since FNIC is not a clearinghouse and has a limited number of publications to distribute in bulk, the Center has developed this publication to help others locate free and low-cost food and nutrition materials.

The list is alphabetical and divided into three sections: 1) Nutrition, Medical, and Health Organizations; 2) Food-Related Associations; and 3) Food Companies. If the organization has materials available in non-English languages, the languages are listed in parenthesis after the name of the organization. The languages are abbreviated as follows:

A = Arabic
C = Cambodian
Ch = Chinese
Cz = Czechoslovakian
H = Hmong
J = Japanese
K = Korean
L = Laotian or Lao
P = Polish
R = Russian
S = Spanish
T = Tagalog
Th = Thai
Tu = Turkish
V = Vietnamese

Not all publications are available in all languages.

FNIC recommends that you call or write the organization(s) for a publication list or order form. FNIC also suggests that you make your request(s) for materials as far in advance as possible to allow for processing and mailing time. Some organizations may take up to eight weeks to fill your request. There are fees for some of the materials distributed by these organizations.

Inclusion of an organization on this list does not indicate endorsement by the U.S. Department of Agriculture (USDA), nor does the USDA ensure the accuracy of all information provided by these organizations.

Section I. Nutrition, Medical, and Health Organizations

A. National Contacts

Aging

American Association of Retired Persons
601 E Street, NW
Washington, DC 20049
(202) 434-2277

Asociacion Nacional Pro Personas Mayores (S)
3325 Wilshire Blvd., Suite 800
Los Angeles, CA 90010
(213) 487-1922

National Institute on Aging (S)
Information Office
Federal Building, Room 6C-12
9000 Rockville Pike
Bethesda, MD 20892
(301) 496-1752

Alcohol and Drugs

National Clearinghouse for Alcohol and Drug Information (S)
Information Specialist
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600

National Council on Alcoholism
12 W. 21st Street, Suite 700
New York, NY 10010
(800) NCA-CALL

Allergies

American Allergy Association
P.O. Box 640
Menlo Park, CA 94026
(415) 322-1663

Arthritis

Arthritis Foundation Information Line
1314 Spring Street, NW
Atlanta, GA 30309
(800) 283-7800

National Institute of Arthritis and Musculoskeletal and Skin Diseases Information Office
Building 31, Room 4C05
9000 Rockville Pike
Bethesda, MD 20892
(301) 496-8188

Cancer

American Cancer Society
3340 Peachtree Road, NE
Atlanta, GA 30026
(800) 227-2345

American Institute for Cancer Research
1759 R Street, NW
Washington, DC 20009
(202) 328-7744
(800) 843-8114

Cancer Information Center
Office of Cancer Communications
National Cancer Institute
Building 31, Room 10A-24
9000 Rockville Pike
Bethesda, MD 20892
(800) 4-CANCER
in Alaska (800) 638-6070
in Hawaii (800) 524-1234

Dental Health

American Dental Association (S)
Department of Public Information
and Education
211 East Chicago Avenue
Chicago, IL 60611
(312) 440-2593

National Institute of Dental Research
Information Office
Building 31, Room 2C35
9000 Rockville Pike
Bethesda, MD 20892
(301) 496-4261

Diabetes

American Diabetes Association (S)
National Service Center
1660 Duke Street
Alexandria, VA 22314
(800) 232-3472

Juvenile Diabetes Foundation
International Hotline
432 Park Avenue South
New York, NY 10016
in New York (212) 889-7575
(800) 223-1138

National Diabetes Information
Clearinghouse (S)
Box NDIC
9000 Rockville Pike
Bethesda, MD 20892
(301) 468-2162

Digestive Diseases

National Digestive Diseases Education
and Information Clearinghouse
Box NDDIC
9000 Rockville Pike
Bethesda, MD 20892
(301) 468-6344

Eating Disorders

American Anorexia/Bulimia Association
418 East 76th Street
New York, NY 10021
(212) 734-1114

Anorexia Nervosa and Related Eating
Disorders
P.O. Box 5102
Eugene, OR 97405
(503) 344-1144

National Anorexic Aid Society
1925 E. Doublin Road-Granville
Columbus, OH 43229
(614) 885-5381
(614) 846-2833

National Association of Anorexia
Nervosa and Associated Disorders
Box 7
Highland Park, IL 60035
(708) 831-3438

National Food Addiction Hotline
1101 W. Hibiscus Blvd., Suite 107
Melbourne, FL 32904
(800) USA-0088

Fitness and Sports

Aerobics and Fitness Foundation
15250 Ventura Blvd., Suite 310
Sherman Oaks, CA 91403
(818) 905-0040

International Center for Sports Nutrition
502 South 44th St., Suite 3012
Omaha, NE 68105
(402) 559-5505

Women's Sport Foundation
342 Madison Avenue, Suite 728
New York, NY 10173
(800) 227-3988

Food and Nutrition

Community Nutrition Institute
2001 S Street, NW, Suite 530
Washington, DC 20009
(202) 462-4700

Food and Drug Administration (S)
Office of Consumer Affairs
Department of Health and Human
Services
5600 Fishers Lane (HFE-88)
Rockville, MD 20857
(301) 443-3170

Food and Nutrition Information Center
National Agricultural Library
10301 Baltimore Blvd., Room 304
Beltsville, MD 20705-2351
(301) 344-3719

Human Nutrition Information
Service/USDA (S)
Public Affairs Staff
6505 Belcrest Road
Hyattsville, MD 20782
(301) 436-8498

National Center for Nutrition
and Dietetics (S)
216 W. Jackson Blvd., Suite 800
Chicago, IL 60606-6995
(312) 899-4854
(800) 366-1655

Penn State Nutrition Center
The Pennsylvania State University
Ruth Bldg., 417 E. Calder Way
University Park, PA 16802-5663
(814) 865-6323

Nutrition Information Center
515 East 71st Street S 904
New York, NY 10021
(212) 746-1617

Food Safety

Food Safety and Inspection Service (S)
Meat and Poultry Hotline
USDA, Room 1165-S
Washington, DC 20250
(202) 447-3333
(800) 535-4555

General Health

American Medical Association
515 N. State Street
Chicago, IL 60610
(312) 464-5000

American Public Health Association
1015 15th Street, NW
Washington, DC 20005
(202) 789-5600

Bureau of Refugee Services
Iowa Department of Human Services
1200 University, Suite D
Des Moines, IA 50314
(515) 371-3117
(publishes bibliography of sources of
non-English language health resources)

Center for Science in the Public Interest
1875 Connecticut Avenue NW, Suite 300,
Washington, DC 20009
(202) 332-9110

Consumer Information Center (S)
Pueblo, CO 81009

Metropolitan Life Insurance Company
Health and Safety Education Division
One Madison Avenue
New York, NY 10010
(212) 578-2211

National Clearinghouse for
Primary Care Information
8201 Greensboro Drive, Suite 600
McLean, VA 22102
(703) 821-8955

National Council Against
Health Fraud, Inc.
P.O. Box 1276
Loma Linda, CA 92354
(714) 824-4690

New Mexico Health and Environment
Department (S)
Health Services Division
Health Promotion Bureau
P.O. Box 968
Santa Fe, NM 87504-0968
(505) 827-2502

ODPHP Health Information Center
(Office of Disease Prevention Health
Promotion)
P.O. Box 1133
Washington, DC 20013-1133
(800) 336-4797

Ohio Department of Health Refugee
Health Program (L,C,V,P,Cz,H)
131 N. High Street, 4th Floor
Columbus, OH 43266-0118
(614)-644-8162

Public Voice
For Food and Health Policy
1001 Connecticut Avenue, NW, Suite 522
Washington, DC 20036
(202) 659-5930

Heart Disease

American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231
(214) 373-6300

American Heart Association of
Greater Miami, Inc. (S)
5220 Biscayne Boulevard
Miami, FL 33137
(305) 751-1041

American Heart Association (Ch, J, R, S)
San Francisco Chapter
120 Montgomery, Suite 1650
San Francisco, CA 94104
(415) 433-2273

NHLBI Information Center (S)
(National Heart, Lung, Blood Institute)
4733 Bethesda Avenue, Suite 530
Bethesda, MD 20814
(301) 951-3260

Maternal and Child Health

Allegheny County Health Department
Nutrition Service
WIC Program
Investment Building
239 4th Avenue, 21st Floor
Pittsburgh, PA 15222
(412) 355-5800

American College of Obstetricians
and Gynecologists
Office of Public Information
409 12th Street, SW
Washington, DC 20024
(202) 638-5577

La Leche League International (A, C, Ch,
H, K, L,P , R, S, T, Th, Tu, V)
P.O. Box 1209
Franklin Park, IL 60131-8209
(703) 455-7730

March of Dimes (Birth Defects
Foundation)
(for maternal and infant nutrition
information)
Supply Division
1275 Mamaroneck Avenue
White Plains, NY 10605
(914) 428-7100

National Maternal and Child Health
Clearinghouse (C, Ch, L, Th, V)
38th and R Streets, NW
Washington, DC 20057
(202) 625-8410

B. Local Contacts for Nutrition, Medical, and Health Organizations

Local Contacts (listed in telephone directory)	Ask for the:
American Cancer Society (city, county, or state)	Health Educator
American Heart Association (city, county, or state)	Health Educator
Cooperative Extension Service (county or university)	Home Economist/Nutritionist
Diabetes Association (city or state)	Health Educator
F.D.A. Consumer Affairs Office	Consumer Affairs Officer
Health Department (city, county, or state)	Nutritionist or Registered Dietitian
Hospital	Registered Dietitian
March of Dimes	Health Educator

Note: Many of these local contacts have materials available in non-English languages or can refer you to other agencies or affiliates who do have these materials.

Section II. Food-Related Associations

Beverages

National Coffee Association
P.O. Box 4060
Westbury, NY 11592
(800) 321-4100

Dairy, Eggs, and Cheese

American Dairy Products Institute
130 N. Franklin Street
Chicago, IL 60606
(312) 782-4888

American Egg Board
1460 Renaissance Drive
Park Ridge, IL 60068
(312) 694-0450

National Dairy Board
2111 Wilson Blvd., Suite 600
Arlington, VA 22201
(703) 528-4800

National Dairy Council
6300 North River Road
Rosemont, IL 60018-4233
(708) 696-1020

National Yogurt Association
450 Park Avenue, South
6th Floor
New York, NY 10016
(212) 951-5492

Wisconsin Milk Marketing Board/
Dairy Farmers of Wisconsin
8418 Excelfior Drive
Madison, WI 53717

Dried Fruits, Nuts, and Legumes

American Soybean Association
540 Maryville Center
St. Louis, MO 63141
(314) 576-1770

California Dry Bean Advisory Board
531-D N. Alta Avenue
Dinuba, CA 93618
(209) 591-4866

California Fig Advisory Board
3425 N. First Street, Suite 109
Fresno, CA 93726
(209) 224-3447

California Pistachio Commission
Dept. QRS
1915 N. Fine Avenue
Fresno, CA 93727
(209) 252-3345

California Prune Board
55 Union Street
San Francisco, CA 94111
(415) 984-6206

California Raisin Advisory Board
55 Union Street
San Francisco, CA 94111
(415) 984-6376

Idaho Bean Commission
P.O. Box 9433
Boise, ID 83707
(208) 334-3520

National Pecan Marketing Council
4348 Carter Creek, Suite 101
Bryan, TX 77802
(409) 846-1681

National Sunflower Association
4023 State Street
Bismarck, ND 58501
(701) 224-3019

USA Dried Pea and Lentil Industry
5071 Highway 8 West
Moscow, ID 83843
(208) 882-3023

Fish and Seafood

Alaskan Seafood Marketing Institute
P.O. Box D
Juneau, AK 99811
(907) 586-2902

Maine Sardine Council
P.O. Box 337
Brewer, ME 04412
(207) 989-2180

National Fisheries Institute, Inc.
1525 Wilson Blvd., Suite 500
Arlington, VA 22209
(703) 524-8881

North Atlantic Seafood Association
P.O. Box 15294
Cleveland, OH 44115
(216) 781-6400

Rhode Island Seafood Council
406-A Main Street
Wakefield, RI 02879
(800) 328-3474

Virginia Marine Products Board
97 Main Street, Suite 103
Newport News, VA 23601
(804) 594-7261

Fruit

California Apricot Advisory Board
1280 Boulevard Way
Walnut Creek, CA 94595
(415) 937-3660

California Avocado Commission
23232 Peralta Drive, Suite 109
Laguna Hills, CA 92653
(714) 859-4110

California Cling Peach Advisory Board
P.O. Box 7111
San Francisco, CA 94120
(415) 495-7714

California Fresh Market Tomato
Advisory Board
2017 N. Gateway Blvd., Suite 102
Fresno, CA 93727
(209) 251-0628

California Kiwifruit Commission
1540 River Park Drive, Suite 110
Sacramento, CA 95815
(916) 929-5314

California Olive Industry
1903 N. Fine Avenue, Suite 102
Fresno, CA 93727
(209) 456-9096

California Strawberry Advisory Board
P.O. Box 269
Watsonville, CA 95077-0269
(408) 724-1301

California Table Grape Commission
2975 N. Maroa
P.O. Box 5498
Fresno, CA 93755
(209) 224-4997

California Tree Fruit Agreement
P.O. Box 255627
Sacramento, CA 95865
(916) 483-9261

Cherry Marketing Institute
2220 University Park Drive, Suite 200
Okemos, MI 48864
(517) 332-0010

Concord Grape Association
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

The Cranberry Institute
1101 - 15th Street, NW, Suite 202
Washington, DC 20005
(202) 785-3232

Florida Department of Citrus
1115 East Memorial Boulevard
P.O. Box 148
Lakeland, FL 33802
(813) 682-0171

International Apple Institute
P.O. Box 1137
McLean, VA 22101
(703) 442-8850

International Banana Association
1101 Vermont Ave. NW, Suite 306
Washington, DC 20005
(202) 371-1620

Michigan Apple Committee
13105 Schavey Road
De Witt, MI 48820
(517) 669-8353

Michigan Blueberry Growers Association
P.O. Box B
Grand Junction, MI 49056
(616) 434-6791

National Cherry Growers and Industry Foundation (Canned)
1005 Tieton Drive
Yakima, WA 98902
(509) 453-4837

New York Cherry Growers Association
7645 Main Street
P.O. Box 350
Fishers, NY 14453
(716) 924-2171

North American Blueberry Council
P.O. Box 166
Marmora, NJ 08223
(609) 399-1559

Ocean Spray Cranberry, Inc.
One Ocean Spray Drive
Lakeville-Middleboro, MA 02349
(508) 946-1000

Pacific Coast Canned Pear Service
P.O. Box 7111
San Francisco, CA 94120
(415) 541-0451

Produce Marketing Association, Inc.
1500 Casho Mill Road
Newark, DE 19714-6038
(302) 738-7100

Sunkist Growers, Inc.
P.O. Box 7888
Van Nuys, CA 91409-7888
(818) 986-4800

United Fresh Fruit and Vegetable Association
727 N. Washington Street
Alexandria, VA 22314
(703) 836-3410

Washington Apple Commission
P.O. Box 18
Wenatchee, WA 98807
(509) 663-9600

Meat and Poultry

American Lamb Council
6911 S. Yosemite Street
Englewood, CO 80112-1414
(303) 771-3500

American Meat Institute
P.O. Box 3556
Washington, DC 20007
(703) 841-2400

Beef Industry Council - a Division of the National Live Stock and Meat Board
444 N. Michigan Avenue
Chicago, IL 60611
(312) 467-5520
(800) 368-3138

California Beef Council
551 Foster City Blvd., Suite A
Foster City, CA 94404
(415) 571-7100

National Pork Producers Council
P.O. Box 10383
Des Moines, IA 50306
(515) 223-2600

National Turkey Federation
11319 Sunset Hills Road
Reston, VA 22090
(703) 435-7206

Pork Industry Group - a Division of the National Live Stock and Meat Board
444 N. Michigan Avenue
Chicago, IL 60611
(312) 467-5520
(800) 621-7773

Other Food Related Organizations

American Bakers Association
1111 - 14th Street, NW, Suite 300
Washington, DC 20005
(202) 296-5800

The Association for Dressings and Sauces
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Calorie Control Council
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Food Marketing Institute
1750 K Street, NW
Washington, DC 20006
(202) 452-8444

The Glutamate Association
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Infant Formula Council
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

International Food Additives Council
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

International Food Information Council
1100 Connecticut Avenue NW, Suite 430
Washington, DC 20036
(202) 296-6540

National Honey Board
500 Airport Blvd., Suite 336
Burlingame, CA 94010
(800) 356-5941

Popcorn Institute
401 N. Michigan Avenue
Chicago, IL 60611-4267
(312) 644-6610

The Sugar Association, Inc.
1101 15th Street, NW, Suite 600
Washington, DC 20005
(202) 785-1122

The Vinegar Institute
5775 Peachtree-Dunwoody Road
Suite 500-G
Atlanta, GA 30342
(404) 252-3663

Pasta, Potatoes and Grains

Idaho Potato Commission
P.O. Box 1068
Boise, ID 83701
(208) 334-2350

The National Pasta Association
2101 Wilson Blvd., Suite 920
Arlington, VA 22201
(703) 841-0818

The Potato Board
1385 S. Colorado Blvd., Suite 512
Denver, CO 80222
(303) 758-7783

Rice Council of America (S)
P.O. Box 740121
Houston, TX 77274
(713) 270-6699

Washington State Potato Commission
108 Interlake Road
Moses Lake, WA 98837
(509) 765-8845

Wheat Foods Council
5500 South Quebec, Suite 111
Englewood, CO 80111
(303) 694-5828

Vegetables

American Mushroom Institute
907 E. Baltimore Pike
Kennett Square, PA 19348
(215) 388-7806

California Artichoke Advisory Board
P.O. Box 747
Castroville, CA 95012
(408) 633-4411

California Iceberg Lettuce Commission
P.O. Box 3354
Monterey, CA 93942
(408) 375-8277

The Frozen Vegetable Council
c/o Creamer Dickson Basford
1633 Broadway, 27th Floor
New York, NY 10019
(212) 887-8010

Produce Marketing Association, Inc.
1500 Casho Mill Road
Newark, DE 19714-6038
(302) 738-7100

Wisconsin-Minnesota Canned Vegetable
Council
222 N. Midvale Blvd., Suite 29
Box 5258
Madison, WI 53705
(608) 231-2250

Section III. Food Companies

American Home Food Products
Nutrition and Education Services Dept.
685 Third Avenue
New York, NY 10017
(800) 544-5680

Best Foods - a Division of CPC
International Inc.
P.O. Box 8000
International Plaza
Englewood Cliffs, NJ 07632
(201) 894-2307

Campbell Soup Company
Communications Center
Campbell Place
Camden, NJ 08103-1799
(609) 342-4800

Giant Food, Inc.
Consumer Affairs Department
P.O. Box 1804
Washington, DC 20013
(301) 341-4322

Hershey Foods Corporation
Consumer Relations Department
P.O. Box 815
Hershey, PA 17033-0815
(800) 468-1714

Hunt-Wesson Foods
1645 West Valencia
Fullerton, CA 92633
(714) 680-1000

Kellogg Company (S)
Consumer Affairs Department
One Kellogg Square
P.O. Box 3599
Battle Creek, MI 49016-3599
(800) 962-1413

Kraft General Foods
250 North Street
White Plains, NY 10625
(800) 431-1003
(800) 323-0786

McDonald's Nutrition Information Center
McDonald's Corporation
McDonald's Plaza
Oak Brook, IL 60521
(708) 575-6198

Nabisco Brands, Inc.
P.O. Box 1911
East Hanover, NJ 07936
(800) 622-4726

NutraSweet Center
The NutraSweet Company
Box 830
Deerfield, IL 60015
(800) 321-7254

Oscar Mayer and Company
P.O. Box 7188
Madison, WI 53707
(608) 241-3311

The Pillsbury Company
Consumer Public Relations
Pillsbury Center
200 South 6th Street
Minneapolis, MN 55402
(800) 767-4466

Proctor and Gamble
P.O. Box 599
Cincinnati, OH 45201
(513) 983-1100
(800) 543-2108

Quaker Oats Company
321 N. Clark Street
Chicago, IL 60610
(312) 222-7111

Sweet'N Low Hotline
Cumberland Packing Corp.
60 Slushing Avenue
Brooklyn, NY 11205
(800) 231-1123
in New York (800) 336-0363

Sweet One Hotline
Stadt Corporation
Suite 1, P.O. Box 2160
Great Neck, NY 11022
(800) 544-8610

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